

Week 1: Eliminate Snacking

Most people believe they've packed on the pounds because they've eaten the wrong foods. While what we eat plays a major role, how often we eat also contributes significantly. Even snacking on the right foods all day long will prevent the scale from going down and may even cause it to creep up!

Why does this happen?

Every time we eat our body will produce some insulin in response. This is true when we even eat real, whole foods. It doesn't matter if it's carbohydrates, protein or dietary fat. We'll produce less insulin in response to protein and dietary fat, but we'll still produce some insulin.

When we snack, we end up secreting insulin for hours and hours each day! This constant stimulus of insulin can cause the weight-loss to stall and even lead to the development of insulin resistance, which is the underlying cause of conditions like metabolic syndrome and type 2 diabetes!

If you are producing fat trapping hormone all day long, even at low levels, you can't be losing fat. It's that simple and why it's critical for you to cut the snacking!

As Dr. Fung always says, we're not cows. We're not designed to graze all day.

Your weekly actions:

1. Cut the snacks between meals. If you find yourself getting hungry between meals, then try to eat more natural fats and protein when you eat to see if that can help curb your hunger.
2. Try to keep your caloric beverages to mealtimes and finish them with your meals. Many find doing this alone helps the pounds melt away.
3. Drink a glass of water in between meals if you experience hunger. Pro tip: try drinking a glass of sparking water as many find this to be a helpful appetite suppressant.

Resources:

- https://app.thefastingmethod.com/course_items/177033/preview
- TRE Quick Guide